

# Interests to Women

## Soyer's Paper Bag Cookery Means Economy in Food

Roasts That Are Cooked by His Method Do Not Shrink or Lose Weight.

FOOD OF ALL KINDS RETAINS NATURAL FLAVOR

There Is No Waste of Material in the Soyer Process—Advantages of the System.

By Martha McCulloch Williams.

Phenomenon, which is now the cry in all things, from postage to politics, has no more valiant helper than M. Soyer's system of paper bag cooking. The reasons for this are both psychological and material. Food which looks sufficient satisfies the stomach no less than the eye. Food crisp and brown, contrastive, gives an impression of scant fare.

Roasts which have a knack of shrinking heretofore in the pan come out of paper bags almost the same size as when they came from the butcher and possessed of their full value. They will have been cooked in roasts of their own essence—the best part of them will not have run out, to dry in the pan bottom and smell most appetizingly, but be in large measure lost to the palate. There will be no waste in the bag, to be sure—gravy for a king. But there will not be crusty edges, wholly inedible and indigestible. In bag roasting even the wing tips of poultry, which ordinarily might serve for toothpicks, are tender and flavorful.

In case of fish the results are even better. Pan cooking wastes a fifth, a fourth, sometimes even a third of a fish. The flesh sticks to the skin, to the pan, it crumbles in pieces or even burns, filling the house with ill odors that savor of waste. Inside a greased paper bag—be sure, always, that the bag is thickly greased—there is no sticking, no scorching, no smelling. The skin peels off delicately from the flesh, leaving it whole, flaky and juicy. Furthermore, the taste is vastly better.

Vegetables also taste better, and are better for bag cooking. Bag cooking preserves in them their essential salts, which boiling takes away. White potatoes, for instance, bag-cooked in their jackets, with just the least bit of water, have a fine, almost nutty taste, peel as though boiled, with never a flake left in the hull, and are as mealy as though roasted. Sweet potatoes, which all cooks know are pretty hard to sweeten artificially, have the sugar driven through and through them. If boiled, peeled, put in a bag with butter, sugar and lemon juice and steamed for ten minutes. They also bake in their jackets without waste. Spinach, the medicinal value of which has been long insisted on, develops alike new taste and new worth by cooking in a bag.

Because all manner of seasoning is thus conserved and driven into the food, care must be taken to use seasoning lightly. Especially salt. Remember that none of it boils away nor sticks to the pan. Salt is an index to costlier things, for the reason is worth while. Sugar and spices cost money in more than half the kitchens of the land. Savings in all these things mount up handsomely in a year's time. Moreover—and this is the crowning merit—by a sparing use of outside flavors the real taste of wholesome meat and vegetables gets a chance to assert itself.

Here is a way of using up Monday's cold dinner meat that hearty children will relish, and even the man of the house not disdain. It is in with wash day, which demands for its own the use of soap, neither too thick nor too thin, and as broad as possible; butter them, sprinkle them well with salted flour and a very little pepper. Lay in a well-greased bag, side by side, then place upon each a tomato, peeled, hollowed out, dusted inside with sugar, salt and pepper, then stuffed. Boiled rice is a good stuffing, so is cooked macaroni or spaghetti cut small. Bread crumbs, fried brown, are likewise tasty. Season, if you will, with salt and pepper, and mix through it the suet and trimmings of the meat. Use either butter, bacon or cold boiled pork, well minced, to enrich the stuffing. Scatter between the tomatoes the scooped portions from their insides. Place in bag, seal it, and cook in a hot oven about twelve minutes. A little minced onion in the stuffing makes it more piquant, but it needs to be used sparingly.

Another way, easier, is to slice, season and butter the meat, then cover half the slices thickly with fried crumbs, moistened with tomato catsup; lay on another slice and cook inside a bag about seven minutes. Boiled rice or cold macaroni can be used in place of the crumbs, and left over gravy instead of the catsup. In that case a zest of onion-juice helps a few drops on each slice before covering.

Quick Potatoes—Take a large, peeled potato for each person to be fed. Peel, slice thin, dip in cold water for five minutes, then drain, sprinkle with salt and

### SOYER'S DIRECTIONS FOR PAPER BAG COOKING EPITOMIZED.

Select a bag that fits the food to be cooked. Grease bag well on inside, except in case of vegetables or when water is to be added. When food is seasoned and otherwise prepared place in bag, fold mouth of bag two or three times and fasten with a wire paper clip. Also fold and clip corners of bag to make it fit snugly. If bag leaks in cooking do not transfer food to a new bag. Simply put the bag within another.

Place bag in oven (gas, coal or oil) on grid shelves or wire broilers, never on solid shelves. Place seam side up always. Do not move or open bags when once placed for cooking. Put roasts and entrées on lower shelf, fish on the middle, poultry, etc., on the top, where heat is most intense. Have oven hot (200 degrees Fahr.) by lighting the gas eight minutes before putting in bag. Then slack heat one-third to one-half as soon as the bag corners turn brown. Do not let bag touch sides of oven or the gas flames. Adhere to time given in recipes, then food will be well cooked.

Take up bag by slipping the lid of a tin not underneath it. To secure gravy, let out water, etc., stick a pinhole in bottom of bag and drain over a dish. Except in case of pies, no dish should be used in paper bag cooking.

pepper and pack compactly in a well-greased bag, adding a tablespoonful of stock or milk and water for each two potatoes. Seal and cook twenty minutes. Boiled potatoes can be used, and take only half as long.

Baked Apples—Wash well, but do not peel; cut out specks and bruises, core, fill the bottom of the core-space with a lump of butter, over which pile sugar and add a bit of cinnamon. A core-stick in the side may take the place of the cinnamon. Seal inside a well-greased bag and bake eighteen to twenty minutes in a fairly hot oven. Serve with sugar and cream or a hard sauce.

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**Bridge Luncheon Cooked in Paper Bags.**

Mushrooms. Broiled Chicken. Asparagus. Olives. Radishes. Pudding à la Marseillaise. Black Coffee. Crackers. Cheese.

Broiled Chicken—Split the chicken down the middle of the back, spread flat, and put a skewer in each side to prevent it from curling. Beat up a very fresh egg, with a pinch of salt, black pepper to taste, an ounce of melted butter, a teaspoonful of Worcestershire sauce or something similar and a teaspoonful of mustard. Mix well. With a brush glaze the chicken with the mixture. Place in a greased bag, and cook in a hot oven about twelve minutes. A little minced onion in the stuffing makes it more piquant, but it needs to be used sparingly.

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